UNIVERSITY ACADEMY LONG SUTTON





ACADEMY TRUST

September 2025 12.09.2025 / Issue 2

WEEKLY BULLETIN



UNIVERSITY ACADEMY LONG SUTTON

UNIVERSITY ACADEMY LONG SUTTON

84 Little London, Long Sutton, Spalding. Lincolnshire, PE12 9LF 01406 362 120 / enquiries@uals.org.uk

THIS ISSUE

Year 7 Begin their UALS Journey
Flu Immunisations for All Years
Year 5/6 Open Evening
Literacy Focus for next week
Homework for KS3
New Build Photos/Video

Principal's Weekly Update

Dear Parents and Carers

As we finish our first full week back, this bulletin may feel a little repetitive — but we're only just at the start of what promises to be a busy and exciting term. In the weeks ahead, we look forward to sharing many more achievements, events and opportunities. For now, here are some key updates as we settle back into routine.

Year 7 Begin their UALS Journey - Our new Year 7 pupils have made an excellent start at UALS. Starting secondary school can be daunting, but they have approached it with enthusiasm, positivity and resilience—embracing new routines, classrooms and friendships. We are proud of their attitude and look forward to seeing them thrive on their UALS journey.

Flu Immunisations – All Year Groups – Flu immunisations will be offered to all year groups on 15.10.2025. This is part of the national schools programme to help protect our school community from seasonal flu. If you have not yet completed the consent form, please do so as soon as possible. The link to the online form can be found within this bulletin.

Year 5/6 Open Evening - We look forward to welcoming Year 5 and 6 pupils and their families to our Open Evening on Thursday 25.09.2025 from 5:00-7:30pm—a great chance to explore our school, meet staff and pupils and discover the opportunities we offer.

Literacy Focus for Next Week - Sentence Endings - As part of our whole-school drive on literacy, our focus next week will be on sentence endings. Pupils will be encouraged to think carefully about punctuation, sentence structure and clarity in their writing.

KS3 Homework Begins Monday - From Monday, homework will officially begin for Key Stage 3 pupils. Establishing good habits early on is key to building independence and responsibility for learning. A full schedule outlining what is expected each week can be found within this bulletin.

New Build Progress - Photos and Video Available - Our new build project is progressing well and remains on schedule, bringing fantastic new facilities and opportunities for our pupils. It's inspiring to see the site transforming each week—updated photos and a short video are included in this bulletin.

Yours faithfully



Mr L Davé **Principal**

UPCOMING KEY DATES

W/C 22nd September
Year 11 Progress Tests

24th September
Year 10 Engineering trip to
Gutteridge Engineering in
Spalding invite only.

25th September
Year 5/6 Open Evening

26th SeptemberCWA Year 11 Assembly

8th October
Whole School Photo Day

14th October
Year 5/6 Mixed Football
Competition UALS



@UALS

If you have any specific questions or queries, please email

enquiries@uals.org.uk

Welcoming our new Year 7 pupils

Our new Year 7 pupils have made an excellent start to their time at UALS.

Transitioning to secondary school can be a big step, but they have approached every new challenge with enthusiasm, positivity and resilience. Over the past week, they have been busy learning their way around the school site, adapting to new routines and timetables and getting to know a wide range of new teachers and subjects.

It has been wonderful to see them forming new friendships, supporting one another and showing real maturity as they settle into life at UALS. Their eagerness to take part in lessons, try new opportunities and become part of our school community has already impressed staff across the school.

We are extremely proud of the way they have conducted themselves so far and are excited to watch them grow in confidence, develop new skills and thrive throughout their UALS journey.

Year 7 Boys - Football Trials!

Well done to all the Year 7 boys who took part in the recent football trials! This year we saw an outstanding number of pupils taking part — which is a fantastic reflection of the enthusiasm and talent within this new year group.

The effort, teamwork and sportsmanship shown during the trials were excellent and it was brilliant to see so many pupils eager to represent UALS. Congratulations to everyone who got involved — we are excited to see how the team develops this season.

ACTIVATE YOUR IMMUNITY - IT

ONLY TAKES

TWO

MINUTES

Wednesday
15th October
2025

All children secondary school years 7, 8, 9, 10 and 11 are being offered an annual flu vaccination as part of a government programme to extend flu immunisation to children.

Flu can be an unpleasant illness and sometimes causes serious complications. Vaccinating your child will also help protect more vulnerable family and friends by preventing the spread of flu.

Don't forget to return your consent form to the Lincolnshire Community Health Services:

https://www.lincolnshireimmunisations.co.uk/Forms/Flu

Year 5/6 Open Evening

University Academy Long Sutton is thrilled to announce its Open Evening, taking place on Thursday, 25th September. This event promises to be a fantastic opportunity for prospective students and their families to explore our vibrant learning community and gain insight into the exciting educational experiences we provide.

We look forward to a really exciting evening, welcoming new families to our school. Attendees will have the unique chance to witness our new state-of-the-art building as it takes shape, offering a glimpse into the innovative facilities that will soon be available to our students. Our dedicated staff will be on hand to share information about our curriculum, extracurricular activities, and the supportive environment we maintain to nurture every learner.

Please note, due to ongoing construction works, parking will be limited. We kindly ask that visitors consider alternative arrangements when planning for the evening, such as carpooling or walking, to ensure a smooth and enjoyable experience for all.

Join us for an engaging and informative evening where you can meet our inspiring teachers and fellow families. We are excited to showcase the bright future at University Academy Long Sutton and hope to see many of you there. Together, let us embark on an educational journey filled with possibilities!



Tel: 01406 362 120 enquiries@uals.org.uk 84 Little London, Long Sutton, Spalding, Lincolnshire, PE12 9LF



Literacy Focus w/c 15.09.2025 Sentence Endings

As part of our whole-school drive on literacy, our focus next week will be on sentence endings. Pupils will be encouraged to think carefully about how they use punctuation to bring their sentences to a clear and accurate close, ensuring their writing is well-structured and easy to follow.

Teachers across all subjects will be reinforcing this by highlighting correct use of full stops, question marks and exclamation marks and by reminding pupils to check that each sentence makes complete sense on its own.

Developing these key writing skills will support pupils' communication in every subject and help them build confidence as effective writers.



KS3 Homework Timetables

Autumn Term 1 - Year 7						
15/09/25 22/09/25 29/09/25 06/10/25 13/10/25 20/1				20/10/25		
English	English	English	English	English	English	
Maths	Maths	Maths	Maths	Maths	Maths	
Science	Science	Science	Science	Science	Science	

Autumn Term 1 - Year 8						
15/09/25	22/09/25	29/09/25	06/10/25	13/10/25	20/10/25	
English	English	English	English	English	English	
Maths	Maths	Maths	Maths	Maths	Maths	
Science	Science	Science	Science	Science	Science	
French	Music	Art	French	Music	Art	
Geography	DT	History	Geography	DT	History	

Autumn Term 1 - Year 9					
15/09/25	22/09/25	29/09/25	06/10/25	13/10/25	20/10/25
English	English	English	English	English	English
Maths	Maths	Maths	Maths	Maths	Maths
Science	Science	Science	Science	Science	Science
French	Music	Art	French	Music	Art
Geography	DT	History	Geography	DT	History

School Rebuilding Programme

We are thrilled to share the exciting news that the much-anticipated building works for our school have now officially started and are progressing with remarkable speed!

This marks an incredible step forward for our community, as we work towards creating enhanced facilities that will benefit our pupils, staff and families for years to come.

Below is the link to our Facebook page. Here, you will be able to see a short video of how our new building is developing.

https://www.facebook.com/profile.php?id=61574125806882







School Rebuilding Programme (this week's photos)







Lunch Menu w/c 15th September

Slow-Release Energy Foods



















V - Vegetarian VE - Vegan

-	Green Earth Monday	Tuesday	Wednesday	Thursday	Friday
ST*R DISH	Roasted Cauliflower Cheese Tart with Homebaked Potato Wedges	Beak Street Chicken with Savoury Rice & BBQ Glaze (Plus Halal Option)	Greek Style Layered Beef & Pasta Bake (Plus Halal Option) Roast Chicken with Gravy & Roast Potatoes	Butter Chicken & Chickpea Curry with Rice (Plus Halal Option)	Sustainably Sourced Battered Fish & Chips Oven Baked Chicken Goujons & Chips
MEAY FREE	Vegetable Bolognese Pasta with Garlic Bread Slice	Brazilian Vegetable Stew with Savoury Rice (Ve)	Greek Style Vege- table Pastitsio (Layered Pasta Bake)	Roasted Cauliflower & Sweet Potato "Butter" Curry with Rice (V)	Cheese & Tomato Pizza Wedges/ Chips
ĞRAB & GO-	Vegetable Cheese- burger (V)	Cheese & Tomato Pizza	Halal Chicken Sau- sage Roll	BBQ Veggie Melt (V)	Pepperoni Pizza **********************************
PET 'N' TASTY	Vegetable Tikka Masala with Mixed Rice	Pesto & Penne Pasta এইুুুুুুুুু	Oriental Chicken & Rice	Tomato & Basil Pasta Pot (Ve)	Beef Bolognese Pasta Pot
SIDES → ((II)	Broccoli, Baked Beans , Mixed Salad, Crisp Garlic Bread	Baked Beans , Garden Salad, Roasted Sweetcorn, Wedges	Italian Garden Sal- ad, Country Mixed Veg- etables	Baked Beans ******** Steamed Broccoli	Peas, Baked Beans Fig. 25 Mixed Salad
T@DAY'S DESSERTS	Jam Sponge	Marble Chocolate Sponge with Cus- tard	Lemon Drizzle Cake	Iced Orange & Ginger Traybake with Custard	Giant Vanilla Cookie

Breakfast and Break time menus can be viewed on our website - https://www.uals.org.uk/Parents/Canteen-Menu/



Young Writers Competition Update!



Before the start of the summer holiday, 2 writing competitions were organised by the English Department, in collaboration with Young Writers.

One was a short story competition, titled 'Fractured Fairy Tales' where students could write an alternative version of a fairy tale - imagine Little Red Riding Hood being not as nice to her Gran as we are used to seeing her! They could also write a new fairy tale.

23 pupils from our school had their stories accepted.

Below is Isaac's very dark alternative version of Snow White and The Seven Dwarfs.

The Dwarfs' Revenge

One night, when the seven dwarfs got back from work, they had dinner, hung up their axes, and then went to bed. During their sleep, Snow White turned on them. She stole all their gems and broke their axes. The next morning, when they woke up to go to work, they went to get their axes. They were gone! Along with Snow White. They set out to find her. They hunted the forest all day and all night. When they found her she was taken and buried alive, deep in the dark cold mines. Never to be heard from again.

In addition, there was a Poetry Competition, where students were encouraged to express their views, thoughts, fears and hopes for the future. We had 2 entries accepted here and below are the first two stanzas from Kulanga's poem

Fight For The Rights

Heard of humans? I think you might
Their intelligence glows so bright
They say that inequality is not right
That's why they have human rights.
Laws protect equal rights so tight
Or so they say, to show their might
But in the thick darkness of the night
How can the law protect equal rights?

Well done and congratulations to all the successful pupils. Copies of the books where their entries can be found are in the Library.



Z S

MR S GILMAN VICE PRINCIPAL

DESIGNATED SAFEGUARDING LEAD

WWW.UALS.ORG.UK

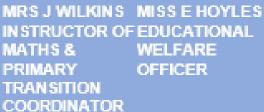
MRS S KING MENTAL HEALTH, PUPIL AND FAMILY SUPPORT COORDINATOR

WWW.UALS.ORG.UK

DEPUTY SAFEGUARDING LEAD

SAFEGUARDING OFFICERS











IF YOU HAVE ANY CONCERNS REGARDING CHILD PROTECTION OR SAFEGUARDING, PLEASE SPEAK TO A MEMBER OF THE SAFEGUARDING TEAM

What Parents & Educators Need to Know about CONSPIRACY THEORIES

Conspiracy theories are false or misleading beliefs that explain events as secret plots, often involving powerful groups. While once fringe, they are now more accessible through digital media, online influencers and because of algorithmic recommendations. The DfE guidance document, 'Keeping Children Safe in Education' (KCSIE) explicitly recognises conspiracy theories as potential content risks. This guide will help parents and educators understand the risks, spot the signs, and build children's resilience to conspiracy theories.

UNDERMINING TRUST

WHAT ARE

Conspiracy theories can lead children and young people to distrust democratic institutions , and British Values, teachers, and even their own families and loved ones. This erosion of trust makes young people more vulnerable to extremist narratives by isolating them from reliable sources of information.

ONLINE ALGORITHM

Social media platforms can often recommend sensationalist content. Once a child engages with one conspiracy-themed video or post, algorithms push more of the same, thereby creating an echo chamber that can intensify

MENTAL HEALTH IMPACT

I WANT TO BELIE

Exposure to frightening conspiracy content, such as global plots, viruses, or government control, can fuel feelings of anxiety, paranoia, or hopelessness. For some young people, it can trigger prolonged distress or obsessive thinking

GATEWAY TO EXTREMISM

Conspiracy theories can often overlap with extremist ideologies. Narratives that blame specific groups, such as politicians, scientists, or particular ethnic groups, can groom children in ways that foster hate, bigotry, and radicalisation.

CONFLICT WITH PEERS

Belief in conspiracy theories can lead to isolation or conflict at school. Children may struggle with peer relationships if they express these beliefs or become distrustful of others who disagree; sometimes, confrontation can even result in a strengthening of the belief in the

ERODED CRITICAL THINKING

Young people influenced by conspiracies may reject evidence-based learning. This risks undermining their academic progress and weakening their ability to think critically, assess risks, or engage in healthy debate.

Advice for Parents & Educators

CREATE SAFE CONVERSATIONS

Don't mock or dismiss any questions that children and young people ask about conspiracy theories. Instead, create open, judgement-free spaces to talk. This strengthens trust and makes it more likely they will confide in you.

PROMOTE CRITICAL THINKING

Teach young people how to assess information critically. Encourage them to ask appropriate questions, such as: Who is telling me this? What evidence is there? What do other trusted sources say? Use real examples from current media to explain your answers and reasoning

MONITOR DIGITAL BEHAVIOUR

Be aware of the content children are accessing, especially on platforms such as TikTok, YouTube, or Reddit. Use parental controls, but more importantly, maintain ongoing dialogue about online experiences and influencers.

REINFORCE RELIABLE SOURCES

Point children toward trustworthy and reliable sources of news and information in a variety of formats tailored to the young person's age Build habits of verifying facts using reliable sources, and teach them how to spot misleading content.



Meet Our Expert

Brendan O'Keeffe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.



ITHINK

National College®

Source: See full reference list on guide page at: https://nationalcollege.com/guides/conspiracy-theories



/wuw.thenationalcollege



(O) @wake.up.wednesday



UALS Uniform

Pupils are expected to wear the correct school uniform throughout the entire academic year, unless uniform rules are relaxed due to adverse weather. Full details of the Academy uniform are available on our school website. Uniform items can be purchased from Rob Horspool, Design and Embroidery. Please ensure that trousers are tailored and skirts are no more than three inches above the knee.

Leggings, short skirts and trainers are not permitted. Further information can be found at: https://www.designandembroidery.co.uk/collections/uals

We also wish to remind you that black leather shoes are required and trainer-style shoes, such as Nike Air Force, are not acceptable.

Please be informed that staff will address any pupils wearing non-compliant uniform items, which may result in sanctions.

Additionally, any pupils with facial piercings, false nails, or eyelash extensions may also be approached by staff.



Introducing





Please contact
enquiries@uals.org.uk
if you need support
with login details



View your child's homework and lesson notes



View your child's attendance, positives and negatives points









The New School Day

Based on parental feedback and our own review of procedures, we will be implementing changes to the structure of the school day. While start and finish times will remain unchanged, we will introduce a morning registration period and reverse the order of registration and period 5 in the afternoon. This adjustment aims to ensure pupils are prepared for their lessons, while allowing for key messages to be effectively communicated. The amended school day will be structured as follows:

Form Time: 08:50 - 09:00

Period 1: 09:00 - 10:00

Period 2: 10:00 - 11:00

Break: 11:00 - 11:20

Period 3: 11:20 - 12:20

Period 4: 12:20 - 13:20

Lunch: 13:20 - 14:00

Period 5: 14:00 - 15:00

Form Time: 15:00 - 15:20











Reporting Absence - Studybugs App

UALS uses the Studybugs App for reporting pupil absences. It's free to use – simply download the app and sign up. The app provides NHS-backed health advice if your child is unwell and also sends attendance-related updates.

If you haven't yet registered, please use the link below to download and sign up as soon as possible.

https://studybugs.com/about/parents

We've also included a link to the UALS Attendance Policy, which outlines our expectations around attendance, term-time holidays and the Penalty Notice process.

https://www.uals.org.uk/Policies/#gswModal7



A better, safer way to report when your child is sick and off school.